



## Transcript: Wake Up Happy with Dr. Drew Ramsey

### HOST

Kym Yancey

### SPEAKER

Dr. Drew Ramsey

### PRESENTATION

Kym            Good morning. It is so great to be back with you. This is Kym Yancey. I'm the Co-Founder and CEO of *Live Happy*, and I got to tell you I've been looking forward to this morning all weekend and I know being part of the happiness revolution and what we're doing in the *Live Happy* world is you really want to be in the moment; but what I've also learned is anticipation of a good experience is also something as you start to think about it and get your mind wrapped around it, so I want to say welcome to this incredible morning. It is a great day. I don't care where you are, it's a fabulous day because this day has been designed for you and all of your magnificence and your brilliance.

If this is your first time to the *Wake Up Happy* series, let me tell you what this is all about. We started this last month and we did what was the beginning of what we call these Wake Up calls where we bring some of the world's absolute top

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thought leaders and experts in the world of happiness together to share their thoughts and ideas and their perspective on how to begin our day happy. And another thing that I realize in doing this that we have people listening to us from all over the country and all over the world.

Really, like for example, I want to give you a little shout-out, Carol, Carol up in Quebec, I want to say welcome to *Wake Up Happy*. John in Phoenix, welcome to *Wake Up Happy*. Patricia in Washington State, Nada in San Juan, Puerto Rico and Sue in Montana, and these are some of the names of people that are coming in to me right now off our line. But I want to say to you that this is a process of just sharing information, sharing with you insights and ideas to help you live a vibrant, exciting life and to really plug into the power of happiness.

We're discovering in science and science has proven that happiness is the precursor to success. I tell people all the time happiness is not the prize at the end of the rainbow; it's the gift at the beginning. It starts right from the beginning and we're going to help you plug into this.

We've got a fantastic, just fantastic guests with us. Now as we go through this, and I want to introduce you to them in just a moment, I will tell you we're going to be talking about 50 shades, a little pause there, we're going to be talking about 50 shades, it's a different kind of 50 shades; you're going to love this. But I want

you to know that tag us at *Wake Up Happy*. *Wake Up Happy*, tell us what you're thinking, if you hear something, something that I may hear as I'm going through this with our special guests, I'm going to point it out to you. You can also with Twitter at MyLiveHappy and Facebook is MyLiveHappy, but we want to hear from you. We love that communication with you.

Now about *Live Happy*, just so you're aware, assuming that this may be your first time listening to us, we are really all about leading a global movement to make our world a happier place. Happiness is more than a feeling to us. It's a decision. It's an attitude. It's a way of life and then we have a holistic science-based approach that gives you the keys necessary to unlock authentic happiness in every area of your life. What we do is we provide the tools that will help you overcome everyday stresses and find purpose, meaning and greater connection for everything you're trying to do.

Now I want to tell you it's so easy to plug into us and the one stop where you'll find everything is at LiveHappy.com. Just go to LiveHappy.com, unbelievable great free resources and what you'll really like about this is that it's everything we talk about is based on science, academic proof and studies. I mean everything we do, so these are more than just opinions, and we make sure that the experts that we bring to you also come from that same perspective.

I want you to know, too, that we have a phenomenal magazine and it's called *Live Happy*, and you can find this at Barnes and Noble, Whole Foods, airports. We have people all over the world subscribing to the magazine, and I want to encourage you to invite you to bring happiness, bring *Live Happy* into your home. You can absolutely go to the newsstand and get the magazine, but if you want to have it arrive, it's a bi-monthly, so it comes every other month, six issues a year, you can have it just show up each time a new issue comes out, so there we go with that about *Live Happy*.

Something else that I want to point out to you that you might not be aware of and mark this date down. March 20, 2015 is the International Day of Happiness, and this past March on the 20<sup>th</sup> *Live Happy* was the largest sponsor and organizer behind the International Day of Happiness activities, which was really the International Day of Happiness is something that's been declared by the United Nations, and this is a really big deal. We ended up putting up what we call these big, huge, orange walls. They were ten feet wide by seven feet tall in major cities all over the country where people would walk up to these walls and we would encourage them to post on these walls their acts of happiness, what brings them happiness, how they share happiness and an incredible time.

We'll be doing this again in 2015, but I just want you to write down March 20, 2015 just to be aware that that is International Day of Happiness. You'll be hearing more from *Live Happy* and things we're doing and things that we're ramping up to do to really bring happiness to the forefront. Imagine a world with you're getting up and you're just overwhelmed with all the kindness, the happiness, the sharing, the smiles what that would feel like to all of us.

All right, so let me tell you about our special guest. He is extraordinary. His name is Dr. Drew Ramsey. He's a psychiatrist, author, and farmer. He's one of psychiatry's leading proponents of using dietary change to help balance moods, sharpen brain function and improve mental health. Using the latest brain science and nutritional research, modern treatments and an array of delicious food, he aims to help people live their happiest, healthiest lives. His work and writing on food and brain health has been featured by the *New York Times*, the *Wall Street Journal*, and the *Huffington Post*.

His recent bestseller *50 Shades of Kale*, what a title. I just love that, *50 Shades of Kale* helped elevate kale to celebrity status and has made his super food accessible to thousands. I have to say, before I finish reading his bio, I had a bunch of baby kale this morning because of Dr. Drew Ramsey with some strawberries and protein and everything else, just because of you, Dr. Ramsey.

His first book, *The Happiness Diet*, explored the impact of modern diet on brain health and then proposes a solution to recipes and meal plans. Dr. Drew Ramsey, welcome to *Wake Up Happy*.

Dr. Drew     Good morning, Kym, it's great to be here. Just listening to you, I'm already feeling a little happier.

Kym           That's what we want to bring to the table, that's great. Let's get right into your first book, *The Happiness Diet*, how did the concept of this book come about?

Dr. Drew     My job is to help make feel happier, be happier, really exactly what you're talking about, tap into themselves and maximize their potential. I meet a lot of people when they're on the ropes, when they're depressed, when they're struggling with anxiety, when they make the decision to come see a psychiatrist; and I realized a strange thing. We're trying to build the healthiest brain possible and I wasn't talking to patients about food, and so I really wanted to jump into the latest science about this and found a lot in terms of what we can do to enhance our brain function by picking better foods. And so *The Happiness Diet* was really a place to share with people the latest science and to encourage them to think about their brain as really the most important organ when you're making a

decision at mealtime. That's how you get happier with every bite and not thinking just about obesity and diabetes and cancer, all the fears we have about food, but thinking about how you can really realize your maximal potential by picking the right foods.

Kym We really do not comprehend, and of course you're the one who is going to give us the expertise on this, but the whole notion that our medicine cabinet is in our garden. Talk about that the impact that food has on your mental and emotional wellbeing through your diet.

Dr. Drew Yes, your brain is made of food. If you think about it, every molecule that's up there starts at the end of your fork, and it's very exciting because it means you have some control. The thing I like about food is it combines with just about everything. If you're someone who's struggling with a chronic illness, even need to be on some medicines, you know what? You improve your food and you're going to improve your health. You're somebody who is not on any medicines and you just want to optimize your health, make some better choices and you can, and it starts with all of those—it's a better set of molecules that you can actually put up into your brain and therefore have a more positive, more focused, some more calm experience.

That's at least the foundation. We know that happiness takes more than just eating kale, but that's the foundation. You can't actually achieve happiness without the right nutrition for your brain. It's actually physiologically impossible. You'll have a brain that is, and a body that is low in energy, that's got a low—it doesn't have all those attributes you want.

Kym           What does that say to you for us as consumers, but the whole notion of at 3 o'clock get your energy shot or whatever, and you'll see these commercials for five hour energy, just stuff that I've seen on TV. It seems to me that we just don't understand and comprehend the significance that this bite and that bite of the wrong thing can just take you down, just emotionally put you in a slump, and at the same time also the notion of eating the right kind of foods that kick off your morning, your afternoon, your evening, it's the fuel that that generates is unbelievable. There's nothing else that I'm aware of that can do it for you. Can you share more about that, Doctor?

Dr. Drew      For sure, I think you're right in the sense that we don't consider it, and some of it is it's a delayed effect. Some effects are immediate. You skip that nasty, sugary, high carb lunch, you're going to feel better this afternoon, I guarantee it; but also there's the longer term effect that you're over time changing the architecture of the brain by picking better foods.



Also, I do have a little theory that as much as people don't maybe realize that connection, everybody out there, everybody listening, knows what a healthy food is, and they know that it's not what you read on a package or what you open up in a supplement bottle necessarily; special powders and potions I call them. But if you put a healthy plate of food in front of most eaters, they know what's healthy and they even feel it, just one meal. I have people come over all the time who haven't been eating healthy, and my wife and I cook a healthy meal, and they say, "Wow, that was amazing. What was that?" And we're not amazing cooks, I mean, that was beef stew.

I am of the belief that people really do recognize healthy food, but we've gotten into a lot of bad habits, and we've given into the lore of convenience and forgotten these other attributes that makes people happy. It's not just these nutrients, the omega-3s and B12 and all these things. It's the experience of our food, the thing you talk about earlier, connection, where you go to a farmer's market and you shake the hand of the person who grew your food and you say thank you. Now that just instills a feeling of connection and it really helps people I think in a way that's beyond just the nutrients. You cook a meal with your family, you sit down, have a moment of silence and appreciate it and think about your food for a moment and how blessed you are to have such a bounty of food. I

think that again is one of those parts of food prescription that is beyond the nutrients.

Kym Are there foods that make us sadder that we eat and the net effect is you're going to get sadder?

Dr. Drew Yes, so the science behind this, we do this in a couple of ways. One is that we look at are there foods that promote the risk of depression, and depression is the most dangerous illness in America, particularly for people, people of all ages, but if there's one illness that you want to really work to avoid, it's depression, because it takes you away. That's the disease I really work to fight every day, so there are several different foods where there's a very clear signal on the data or dietary patterns as we call them that increase the risk of depression by up to 40% to 50%, a big increase.

The one that comes to mind, they call it the western diet. In *The Happiness Diet*, we call the modern American diet. It's a diet that consists of simple or fine carbohydrates, a lot of sugar. In America 20% of calories for a young adolescent boy come from soda, so that's an example of that's a choice. Soda is never going to make anybody's brain feel happier, because it doesn't come with the nutrients that you need to burn all that sugar.

We got another clear data signal about trans fats. Now trans fats are only found, the bad trans fats are only found in processed foods, and so that was a clear signal that there was an increased risk of depression. What we see, the foods—not so much one single food, but it's your overall dietary pattern. Of course, everyone will say its sugar, we got to avoid sugar and the white carbs, but I think everybody knows that at this point. I think much more what's important is for you to think about your dietary pattern, what are those habits that you're in, what are you buying at the grocery store, where you're eating and to move that towards what the data tells us actually prevents depression, which are whole foods, natural foods, foods you're going to recognize. I always say the foods that have one ingredient list on the label like apples, salmon, kale, lentils, blueberries, that's the way that you know that you're eating something that science tells us is best for your brain.

Kym I find this interesting, because you can, by being a psychiatrist you can also obviously write someone a prescription. Do you find that more often than not—and this is just my own curiosity—that you're giving them a food prescription of things you want them to eat as opposed to a pharmaceutical? Tell me about that.

Dr. Drew That's a great question, Kym, and it's a part where I really try and clarify with people, because I give everybody a food prescription. If you make the mistake of sitting down to dinner with me, you're going to get a food prescription. I'm going to start asking you what you're eating and getting curious about it and making a few recommendations. So everybody who sees me, I do a food assessment that we've developed in my office and what I call a brain food prescription, which is a prescription pad that has a bunch of food on it. I work with patients to develop a plan, so they eat foods that they like knowing that it's best for their brain. Little brain food swaps is what I call it. It's not a hard way to eat at all.

Some patients I see, because I see people in all kinds of situations, certainly do also get pharmaceutical interventions or medications, because there's a lot of evidence that those can be very helpful. I think those are most helpful when people are also engaged in some lifestyle changes. That's been my experience.

I remember I spoke with a woman, she called me up and she said, "I just saw you yesterday and I'm already feeling better." I said, "Oh, that's wonderful." She said, "Yeah, I just got back from the grocery store and my daughter and I we're always fighting about food. We went there and we bought all the foods that we're really excited about and we're using some new recipes and we feel great. We feel better." And I thought that was just a really nice, it takes a little while for

medicines sometimes to kick in, but that experience of being together and nourishing themselves I think gives people hope and gives people a way to have real self care.

Kym Let me just chime in here with a fabulous Tweetable thing that I wrote down here, and this is brain health begins at the end of your fork. What a great Tweetable statement. Brain health begins at the end of your fork. Here's another one. Change architecture of brain by picking healthy food, so change the architecture of your brain by picking healthy food.

Tell me about pairing certain foods and the impact they can have as it relates to boosting your happiness quotient.

Dr. Drew So there are certain foods where we want to have what's called food synergy, and so one quick rule of brain eating that people get surprised about is that your brain is made mainly of fat. It's about 60% or 65% fat and because it's fat, it's highly flammable, and so one of the ways we want to think about it is you are burning, you burn more fuel with your brain than any other part of your body. And think about it just like an engine, and so what you want to do is you want to put good fuel in that engine, but then you also want to protect the fat; and so we protect the fat by making sure we absorb fat soluble nutrients. Fat soluble nutrients are

nutrients, it's a fancy way to say they dissolve in fat or you absorb more of them when you eat food with some fat, so the good example of this is why we put olive oil on tomatoes. One of the reasons is it increases the absorption of lycopene, the fat soluble nutrient, so there are pairings.

My favorite brain health pairing, a lot of people will have heard the buzz about curry or tumeric and tumeric is a spice that has a lot of interesting data that it can boost brain health and maybe even stave off dementia; early data, but interesting data, enough so I eat more curry. The critique is that you don't absorb curcumin, which is the active molecule in curry, but if you put some black pepper on your curry, you increase absorption by about 2,000%. So that's just a simple synergy there that any time you eat curry, make sure to add some black pepper, and you're going to increase absorption of that important brain molecule.

Kym            That's great. Give me an idea of what your diet is like. What do you do for breakfast? How do you approach it?

Dr. Drew      All right, so for breakfast, I like to start my day with some coffee, the data on coffee is actually quite good. I'm a busy guy. I'm a dad of two young kids, so I wake up happy every morning, because my alarm clock is a ten month old with a big smile, so he gets to hold that smile in with his—so that's pretty fun. But, you

know, so I need a little pick-me-up, so I think tea or coffee is a nice way to get the day started. Some days, most days, I'll have some grass fed half and half or whole milk in there, both because to give my stomach something and also it gives me some proteins and some fats. I usually have a little bit of fruit and then I like eggs for a good breakfast or a nice yogurt, usually again a grass fed. I little bit buck the trend. I like the whole fat because I don't eat a big quantity of food, but I like to have very nutrient dense food, but usually I would say that you just heard 90% of the mornings I eat something like that, some eggs, maybe some vegetables in there. But again, what's missing in there if you look through it is not a lot of simple carbohydrates, just the stuff I get in the fruit, which again, fruit is always a good and safe choice in my opinion.

Kym Yes, now when you said fruit, I'm just curious, any specific kind of fruit that you lean toward?

Dr. Drew I love this USDA campaign Eat the Rainbow, so I try and mix it up. If I see we're in a rut, I think that's one of the important things about food is you've got to always be mixing it up, so we've been eating a lot of honeydews and melons because I find they're a good price point. Most fruit is a lot of water and not a lot of sugar and that's true of melons. A lot of berries. I love the mixed berries. They're what's called low glycemic index fruit, so you don't get a big spike in sugar, but

you usually don't get that from fruit, because you're not eating a ton of it. I eat it raw. I'll occasionally have a smoothie.

Another thing that I'll do, and with my smoothies, my trick is I always add nuts, but fruits, the other ones that I think are really key are avocados, really, really wonderful fruit, a nice fatty fruit. You get a lot of great, great fat calories and some really interesting, unique molecules that are good for you, and then tomatoes. I'm a big fan of tomatoes, grow a lot of them, eat a lot of them, love to put them with my eggs. Eggs and tomatoes I think is kind of a perfect breakfast, sprinkle a little curry and some black pepper on there, you're ready to go.

Kym           Where are you with all the allergies and those kinds of thing out in the marketplace? People are allergic to grass and ragweed or people get allergic to certain kind of foods. Where do you stand on that? How do you feel about food allergy testing, that kind of thing?

Dr. Drew       So I think that can be very helpful in terms of for some patients. I think I'm cautious because I think a lot of people run out and get a lot of tests, and my opinion is that good clinical care, good basic medical care and mental health care can help people identify and take care of a lot of problems without there needing to be complex testing. That said, I've seen a lot of patients who have really



struggled because they've had some specific issues or specific allergies or food sensitivities, and they've been really misunderstood and the testing really helps clarify things. So my feeling is generally when people are allergic to something they know, I just had a cousin develop an allergy it looked like it was to fish, but actually if you take a real careful history of what he was allergic to, it's actually just smoked fish.

Then we went through an experiment and he ate some really fresh fish and didn't have an allergy reaction. So it's the kind of thing that cautiously and carefully under the guidance of someone who is knowledgeable, you can suss out usually with an elimination diet what the problems are and can people know, because they eat the food and they feel sick.

In terms of other complex things, of course gluten is a big issue right now and certainly for people who have really smelly stools or gassy bloaty-ness, itchiness after eating wheat, you definitely want to be on the lookout thinking about a gluten sensitivity or a celiac disease. Celiac disease is about one percent of the population, so that's a lot of people in America if you think about it. We have as many people with celiac disease as we do with schizophrenia, about one percent of the population. So I think testing there, again for specific symptoms, can be really life changing; it is life changing. If you don't reverse celiac disease, you

become B12 deficient and you begin to destroy brain cells and nerve cells irreversibly. It's an important issue where again where there's this real clear connection between food and brain health that this whole field is exploding. And it's very exciting, but I would say that food sensitivity is one of the clearest examples of how what we eat impacts how we feel.

Kym Yes, that does intrigue so many of us around eating foods that will energize our brains and our clarity, and no doubt that we're all searching for that. I want to go through what I'm going to call kind of a lightning round of questions. One of them is around the diabetic diet. What do you say to for a diabetic, now correct me if I'm wrong. I have heard that so much of, if you're a diabetic, you can really correct a lot of that with your food.

Dr. Drew Yes, so there are two types of diabetes. There's the adult onset diabetes, which we don't even call it adult onset anymore because kids get it, but basically type II diabetes often, not for everybody, some people have a real sensitivity. They do the best they can and they still need help with medications, etc., but almost everybody who has diabetes type II, that's actually a disease of obesity, which is that as you get obese, you get insulin resistant, which is the sort core issue of type II diabetes; and you get intolerant to sugar and carbohydrates.

Now if you can lose that visceral fat and get on a much healthier mainly plant based diet with some of the right meat and seafood, there are lots and lots of reports and lots of cases of people who actually reversed, it's a reversible disease. The diabetic diet, now there's the diabetic diet by the American Diabetic Association and then I think there are some more I won't call them experimental diets, but diets where people don't just focus on glucose and focus much more on nutrient density and quality of the food and get on this kind of whole foods traditional diet, lose a lot of weight, lose the belly, lose the blood sugar problem. It's really, it's quite remarkable.

Kym           Where are you at on sweeteners? Talk to me about that.

Dr. Drew      I'm a bee farmer, so I'm biased, so we've got a bunch of bee hives, so I'm big on honey. I think honey is great because it's real to hard to eat too much honey. Anybody who doesn't believe that, take a teaspoon of honey and stick it in your mouth. It's too much. You just use a little bit of that.

I don't like any artificial sweeteners, Kym, I'll be honest with you. The reason why is that it promotes this myth that counting calories is what's going to save our health, and it's not going to save our health. Counting calories turns a meal into a math equation. Most people don't know how many calories are in anything;

neither do I. That means we've got to look to somebody to tell us what's healthy and I'm against that. I think people should have confidence in what they choose if they know it's healthy, and the main way to do that is by trusting Mother Nature. All the aspartames and the Stevias and all these things, my main concern with them is that they adjust the human pallet, that your brain is constantly taking in information. Everything you eat your brain is cataloging and thinking about and understanding in some way; and if you give it fake artificial sweeteners, you are giving it bad data, because sweet in the natural world always means safe calories.

It almost always induces an insulin response, so I'm really against people lying to their brain and saying you're getting some sweet calories here. Actually no, you're not getting any calories because it's a diet soda, and the studies of all that stuff for the most part show they don't work. If you drink diet soda, you make up those calories in part because your body has this response to it just like it's eating something that's sugary.

Kym If you're going to do sugar and you're going to put sugar in your coffee, would you put—I mean if you're going to. If it's going to happen, would you say don't use artificial, just go ahead and use real sugar, or go ahead and use a raw sugar?

Dr. Drew That's what I say. I know it's a crazy thing to say, but I say, yes. I used to drink two sugars—I challenge you. I used to drink my coffee with two sugars and milk, and then I slowly weaned myself off the sugar and now I just put milk or half and half in there and I tell you what, Kym, this is what's crazy. It tastes sweet to me. I can taste the sweetness in the lactose and the milk sugar because I've adjusted my pallet over time. Again, I think the basic message on the artificial sweeteners for me is don't lie to your brain. Your brain is your best friend. Don't lie. If you're going to have it sweet, make it sweet.

Kym I have to tell you for all you coffee drinkers, I just want to just also jump on your wagon on this one. I used to put sugar in my coffee, too, and I remember one day a coffee roaster looked at me and he said, "Do me a favor; before you put that sugar in there, will you just taste the coffee? Will you just taste it, just enjoy it for a moment?" And I tasted it and I said, "Not too bad. Let me get a little cream in there, though."

Dr. Drew I'm the same way. That's what's supposed to provide the sweetness. Look, the brain loves sugar; the brain loves sweet, so it's always going to be drawn to that and it's something you have to know about your brain and keep in check. I enjoy sweets. I enjoy dessert. Dark chocolate is a great brain food, the darker the better. There are all kinds of ways to do sweetness that are responsible, that are

healthy, that are good for you, but none of my diets involve anything fake ever. I just think that that's man's arrogance taking advantage of Mother Nature's programming.

Kym I love that. Say that again. None of my diets involve fake, how did you say that again?

Dr. Drew None of my diets involve fake anything.

Kym I love that. None of my diets involve fake anything, and also don't lie to your brain. There's another great Tweetable moment; don't lie to your brain.

Here are a couple more words, quickly just tell me about that vegan, vegetarian, what are your thoughts about that in terms of how those characteristics or that lifestyle impacts your brain?

Dr. Drew There's a lot to be commended for the vegan and vegetarian lifestyle, because they eat more plants and they teach us about eating more plants. I am of a belief that the brain and the body do depend on some nutrients that you only get from meat and seafood. The most important of these are vitamin B12, which you can get in a supplement form; and if you're vegan, you have to take that supplement.

Right there that just kind of shows me if there's vitamin B12 is the largest vitamin that we absorb. We have a whole cellular system that makes a protein that absorbs vitamin B12, so when there's something that fundamental missing from a diet, I get concerned from a nutritional standpoint.

Clearly I'm big into plants. National Kale Day just happened last week. We had millions of people eating kale around America and kale is one of these—kale is a food that the vegans all love because it gives them protein. It gives you iron, a lot of absorbable calcium in kale actually more than there is in milk, so I love my plants and I love my vegan friends, but I do think it's something where that's really about a moral diet.

If you're eating a purely vegan diet, it's not for nutritional reasons; it's for a moral stance that you don't want—people do this for a variety of reasons. The best reason I heard is someone, a good friend of mine said she's a vegan because she wants to eat with higher consciousness; and I think that is a wonderful goal for all of us to have. I don't think you need to be vegan to eat with higher consciousness, and I do believe it's one of these things that all of us, even vegans and vegetarians, we all know that there are better choices that we can make that can reduce the impact of our food consumption on the planet, that can boost our

health, that can enhance connections with our family and loved ones and community.

That's what we want to focus on on diet. I think that sometimes there can be a little bit too much extremism when it comes; people are either massive carnivores or they never eat any animal products. Animal products, things like eggs, for example, we raise eggs on our farm. I think that's one of the most amazing relationships you can have where I provide shelter and care for a chicken and it provides me mainly with a lot of entertainment. [Indiscernible]. I remember the first time I got chickens, I got them at the fair, got them home and the next morning I woke up and I walked out there and there were three warm eggs, so that's an example I think of as good as it can be. Of course I don't have chickens here in my apartment in Manhattan, but I aspire to that level of communion with my food and I think we all can.

Kym That is great. Dr. Ramsey, you got to hear all my personal friends have got my cell number, so my phone, my personal phone has blown up like a Christmas tree with questions for you. Clearly we have to bring you back for *Wake Up Happy*. I was telling Dr. Drew before we got into this that that's what's so great about these sessions that we do that we're doing this, this *Wake Up Happy* series, five consecutive days once every month, so we'll be bringing you back, because there



are so many things I have people saying ask him about burgers, ask him about steak. But you know what? You're going to have to tune back in because we've exhausted our time this morning.

I wanted to tell you that be a part of this. I want to ask you to be a part of the *Live Happy* movement and really just by subscribing to our magazine, Dr. Ramsey writes for *Live Happy* as a contributing author. This is just an example of some of the great content we have. I want you to understand what my excitement is here. This is not about selling you a magazine subscription. This is about sharing information, and never in our industry in the industry in the happiness category has this information been aggregated in one forum like this where we can share and share and teach and educate, and so then you can leave this *Wake Up Happy* session and share this other friends. That's what this is about.

I just want to ask you to be a part of it, so we can keep people plugged in. Also when you go to LiveHappy.com when you order the magazine, you're also going to get three free happiness reports that our editorial team put together that are just incredible, incredible reports on happiness, on napping and some other things. They're just great. Our writers are so incredible.

Let's talk about tomorrow, so the Wake Up line-up for the rest of this week, we kicked off things with Dr. Drew Ramsey, which is a gift, and we're going to follow up tomorrow with Dr. James Pawelski, PhD. He's director of education and a senior scholar in the Positive Psychology Center at the University of Pennsylvania.

And then on Wednesday we've got Jason [sic] Laipply. Now let me tell you Jason has got the most—I'm going to say it a different way. He's got the second most views on YouTube of all time. I mean, this is a bad son of a gun and you can see it. It's called the Evolution of Dance, so just go to YouTube and put in Evolution of Dance. He's incredible. Wait till you hear what he's got to share, so he's on Wednesday.

Then we've got Michelle McQuaid, bestselling author on workplace wellbeing, teacher and she talks a lot about play, how the importance of play.

Then on Friday we're going to wrap up with Mary Jane Ryan bestselling author of many books including *Random Acts of Kindness*, so it's a great, great week.

Now with that I want to—and I mentioned tomorrow that Jason Pawelski is going to be our person tomorrow, but I want to end it with a special quote from Dr.

Drew Ramsey. I just love this, and you heard so many great things from him, but I want to give you as we wrap this up.

His quote is, "I witness people transform themselves every day from tears to smiles, chaos to calm. We all have the power to build happy, vibrant lives. Since every molecule in your brain begins at the end of your fork, that's where I like to start," by Dr. Drew Ramsey.

Dr. Ramsey, thank you so much. It was just a divine pleasure to having you as part of *Wake Up Happy*. Listen I just want you, everyone [indiscernible]. We'll be hanging up here in just a moment or so. Would you give us all a charge as you say, here's the statement I want you to think about, and that is if you take one thing away from what I'm sharing with you, and as you go about your day today, do this. Give us a couple of things that you want us to do as we march forward into our day.

Dr. Drew For sure, Kym, here's a short prescription, but first I just want to thank you for helping keep this movement going and being such an advocate for happiness. It's so wonderful to have more and more people get involved and more and more people interested in taking control of their lives and building happy life. You can build it, and so thank you for having me on.

Here's the down and dirty happiness diet, here's my brain food prescription for you, which is snack on raw nuts, especially things like pumpkin seeds, almonds and walnuts. That's your go-to snack, a little handful of those. Eat slowly and chew your food and really get in that mindful mode. The biggest problem people have is mindless eating, where they're too hungry and they're just wolfing it down. Even if you're hungry, settle down a little bit.

And then the foods to focus on, I'm always prescribing the same foods. They're high omega-3 foods, high long-chain omega-3s, so those are going to be your wild salmon, your sardines, your mussels. People are surprised with that one. Clams and oysters are also great, so lots of, several times a week getting those high omega-3 foods. The crunchies, the crunchy vegetables, crunchies as I call them, things like kale and kale's cousins, all those cruciferous vegetables and do them in a variety of ways. That's the whole point behind *50 Shades of Kale* was to say kale isn't just boiled and served to you all bitter and soggy. Kale is a wild, wild creative force and you can do everything with it, so include more of those foods into your diet, but put the crunchy vegetables of course.

As I said, snack on nuts and then beans and legumes, these are really under-looked sources of protein. They're your big meat replacer. One of my favorite in

our house my wife is on a big kick doing a tomaccio lentil kind of Mexican casserole, it's just amazing. Lentil is a top source of vitamin B9 folate, so focus on those things and focus on getting in your diet if possible bailey. And be mindful and meditative as you're consuming your food and do it with an attitude of nourishment and joy. I wish you all the best and please share stories of how food can help change you.

Kym Gosh, don't you just love him? That's great. I love it. I love it.

Dr. Drew Kym, I forgot dark chocolate, dark chocolate, you got to leave people, people are really going to love me. I've got to remind them dark chocolate is a brain food. It's actually the only food, it and coffee have been shown to acutely improve mood and focus because they're Mother Nature's stimulants. And so small squares of dark chocolate when you're in need of a boost, that's always great way to go and it's good for your brain.

Kym Fantastic. All right, everybody, you know what to do. Wake up happy, share it, share your smile. Share your brightness. Have a fantastic day. I so appreciate you being here, but until tomorrow, bye bye for now.